

ROCK STARZ! I CAN CLIMB YOUTH PROGRAMS

Winter 2017

The **Rock Starz! I Can Climb** program is a progressive climbing program for children. Inspired by the workings of Canadian Sport for Life, this program works with climbers on activities appropriate to their current stage of development. Each climber will receive a progression report at the end of their session. Come and experience the different aspects of the climbing gym while improving physical literacy through play, exploration and – most importantly – FUN!

CLIMBING GYM INFORMATION

Sally Borden Fitness & Recreation is proud to have the only indoor climbing gym in Banff. An ideal place for both the newcomer and the experienced climber, the Climbing Gym offers public hours and programming from 4 years old and up.

Public Hours:	Everyday	12:00 pm – 10:00 pm	Equipment Rentals:	Harness	\$3.00
				Climbing Shoes	\$3.00

Children under the age of 16 years must be actively accompanied by an adult during all public hours.

TYPES OF CLIMBING

Bouldering

This does not require any ropes as the height you can climb up to is limited to 3.5 metres (12 feet). Boulder problems – set arrangements of climbing holds below the height limit – are created every two weeks.

Auto-Belays

These devices are used to climb to the top of the wall without a partner. An orientation on how these are used is required before the first use. We have three auto-belays in the gym that move to different areas of the gym each week. These are perfect if you don't have a partner, have never used the ropes before, or if you have children as they allow you to experience climbing as high as you dare!

Top Rope Climbing

Ropes that are anchored at the top of the gym are called top rope climbs. A partner is required to use the top ropes and we do check the climber's ability to tie their knot when they are climbing and their belay skills when they are belaying for the first time.

Lead Climbing

We have a variety of climbing terrain for lead climbing, including a one-of-the-kind arch. A belay check is required before lead climbing the first time. We are looking at the skills of the climber and belayer so it is best to bring a partner with you for this check.

FUNKY MONKEYS: 4 – 12 Years

This is an introduction to climbing session for any child looking to climb our walls instead of yours. Our instructors will handle all aspects of the safety skills and all climbing equipment is included.

Saturdays & Sundays	2:30 pm – 3:30 pm	Every weekend	\$10 per session
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ROCK STARZ! CLIMBING CLUB: 9 - 15 Years

Climbing is an amazing way to stay active and fit while learning skills that can be transferred to many other sports. A full-body workout, any child can learn to climb at any age with any sporting background. The climbers will learn balance, movement, teamwork, and how to set and reach goals. Each climber must know how to top rope belay before registering, a skill they can learn in with our Mighty Boulders or Youth First Steps class. All equipment included.

# 8459	Tuesday	4:30 pm – 6:00 pm	Jan 10 - 31	\$50
# 8460	Tuesday	4:30 pm – 6:00 pm	Feb 7 - 28	\$37
# 8461	Tuesday	4:30 pm – 6:00 pm	Mar 14 - 28	\$37
# 8462	Tuesday	4:30 pm – 6:00 pm	Apr 18 – May 2	\$37

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YOUTH FIRST STEPS – TOP ROPE BELAYING: 9 - 15 Years

Learning to top rope belay is required to participate in our Rock Starz! Climbing Club. All safety skills will be learned, including how to put on your harness, tie your knot, perform safety checks, and belaying your partner. There will also be practice in catching falls. All equipment included.

# 8463	Monday	4:00 pm – 6:00 pm	Jan 9	\$25
# 8464	Monday	4:00 pm – 6:00 pm	Feb 6	\$25
# 8465	Monday	4:00 pm – 6:00 pm	Mar 13	\$25
# 8466	Monday	4:00 pm – 6:00 pm	Apr 17	\$25

GIRLS ROCK: 7 – 14 Years

A girls-only program led by some amazing people from our local sporting community. No experience in climbing is required, just a love of climbing! Those who do not know how to belay will be assisted by those girls who do know and we finish the session with some snacks at the end. A great way to spend your Friday afternoon! All equipment will be provided.

# 8467	Friday	1:00 pm – 3:00 pm	Jan 20	\$10
# 8468	Friday	1:00 pm – 3:00 pm	Feb 3	\$10
# 8469	Friday	1:00 pm – 3:00 pm	Feb 17	\$10
# 8470	Friday	1:00 pm – 3:00 pm	Mar 3	\$10
# 8471	Friday	1:00 pm – 3:00 pm	Mar 17	\$10
# 8472	Friday	1:00 pm – 3:00 pm	Mar 31	\$10
# 8473	Friday	1:00 pm – 3:00 pm	Apr 28	\$10